



Employee Assistance Program – Work- Life Resources

You *know* that ULLIANCE offers in-person counseling - at no cost to you & it is confidential ---
But, did you *also know* that they offer Work- Life Resources?

What are Work- Life Resources?

They are materials to help you with your life and everything in it!

By calling **ULLIANCE** at **1-877-871-6274** you have access to (free) brochures, pamphlets, books and CD's on a wide variety of topics!

Examples include:

- o Money & Debt
- o Stress Management
- o Getting in Shape
- o Creative Problem Solving
- o Ergonomics
- o Parenting & Step-Parenting
- o Child Care
- o Overcoming Anger
- o Save Your Relationship
- o Elder Care

To serve your individual needs, ULLIANCE can also find information and resources in your area to address your *specific* questions - including finding referrals outside the EAP to Lawyers and Financial resources. You can also check out ULLIANCE's website for a wide variety of articles, lists of services and links to other websites.

So, call **ULLIANCE now for your Work-Life Resources!**

1-877-871-6274

www.LifeAdvisor.com

**Log-In = Metro Nashville
City of Employment = Nashville**